

Thursday, January 18, 2024 - IM Workout			
Yards	Time	Set	Interval
1200	22	Warm up: 300 swim 2 x 150 BBF 4 x 75 Free (3/4/5 UW kick each wall) 6 x 50 choice kick <i>odds: easy/fast</i> <i>evens: fast/easy</i>	2:30 1:15 1:10
1100	21	Main set: 4 x 125 IM (fast on the 50) 1) <u>50 Fly</u> , 25 Back, 25 Breast, 25 Free 2) 25 Fly, <u>50 Back</u> , 25 Breast, 25 Free 3) 25 Fly, 25 Back, <u>50 Breast</u> , 25 Free 4) 25 Fly, 25 Back, 25 Breast, <u>50 Free</u> 50 easy choice 4 x 75 Fly/Back/Breast 1) <i>fast on Fly</i> 2) <i>fast on Back</i> 3) <i>fast on Breast</i> 4) <i>all fast</i> 50 easy 100 IM sprint 100 easy	1:40/1:50/2:00 1:30 1:05/1:10/1:20 1:30
700	14	Kick set: 2 x 50 (25 fast, 25 easy) 2 x 75 (50 fast, 25 easy) 2 x 100 (75 fast, 25 easy) 2 x 125 (100 fast, 25 easy)	R:15
100	3	100 easy	
	5	Starts/Turns	
3100	65		

